

The Saskatoon Community of Mindful Living

Relationship Matters: Bringing Mindfulness, Wisdom and Compassion to All Our Interconnections A Mindfulness Retreat in the Tradition of Thich Nhat Hanh

Dharma Teacher Michael Ciborski

Friday, May 22, 2020 - Monday, May 25, 2020

Queen's House Retreat & Renewal Centre

601 Taylor Street West, Saskatoon, SK

REGISTRATION FORM

This non-residential retreat (with residential option) will be held in mindful silence. It will include periods of sitting and walking meditation, mindful eating, daily Dharma talks, personal practice time, Dharma discussion, and interviews with the teacher.

Queen's House is located beside the Saskatchewan River and offers views of the river as well as a lovely, peaceful, treed yard with walking paths. This retreat is suitable for both new and experienced practitioners. Participants are encouraged to attend the full retreat.

Other information:

- Arrive between 6:00 - 6:45 pm on Friday, May 22 to register and settle in. If you are making this a residential retreat, please arrive in time to check in to your room.
- Friday program from 7 pm – 9 pm; Saturday & Sunday: 9 am – 9 pm; Monday: 9 am – 4 pm
- For more information about Queen's House please visit: <http://www.queenshouse.org>
- Please refrain from wearing scents as some retreatants have allergies
- You may wish to bring a refillable water bottle, and/or travel mug for tea / coffee
- Straight backed chairs will be available; you may want to bring blankets, pillows for comfort
- If you sit on a cushion, please bring it as well as a mat or blanket for the floor
- Wear comfortable clothing and bring outdoor clothing appropriate for walking meditation

Our fees cover only our Retreat expenses. Following tradition, there will be an opportunity to practice the gift of dana (generosity) if you would like to show appreciation and support for our teacher and his Dharma sharings.

Non-residential fee is \$180: includes vegetarian lunch & supper Saturday, Sunday and lunch on Monday.

Residential fee is \$390: includes austere single bedroom, shared bathroom facilities, 3 vegetarian meals Saturday, Sunday and breakfast & lunch on Monday.

Scholarships may be available, please enquire with the Registrar. Young adults are encouraged to apply.

For more information, contact the Registrar:

Janet MacFarlane 306-222-9347 info@mindfulsaskatoon.ca or janetmacfarlane@gmail.com

The Saskatoon Community of Mindful Living meets every Monday night for shared practice, 7 - 9 pm, at the Unitarian Centre (213-2nd St East) Please visit: <http://mindfulsaskatoon.ca>

The Saskatoon Community of Mindful Living
Relationship Matters: Bringing Mindfulness, Wisdom and Compassion to All Our Interconnections
Friday, May 22, 2020, arrival 6:00 pm - Monday, May 25, departure 4 pm
Queen's House Retreat & Renewal Centre

Name:

Address:

Phone:

Email:

In case of emergency who do we contact ? (name & phone):

Please circle the option you choose:

Non-residential: \$180

Residential: \$390

We have a small pool of funds set aside for Scholarships for those who find the fee challenging. If you are applying for a scholarship please circle the amount you are requesting, and provide a brief outline of your financial situation.

\$50 \$100 \$150 \$200 \$250 Other

Do you have previous experience at non-residential or residential retreats in any tradition ? Please elaborate.

Have you attended retreats in the Thich Nhat Hanh tradition? Have you received the Five Mindfulness Trainings?

Please tell us a little about your meditation practice.

What do you hope to gain or come away from the Retreat with?

Vegetarian food will be served, and Queen's House will try to accommodate food restrictions people may have. Please circle any that apply & provide detail below: Vegan Dairy Gluten Food allergies Other intolerances?

If you would like to participate in ride-sharing please provide information that will help us match up riders & ridees.

- Need a ride:
- Can provide a ride:

Registration and a **deposit of \$90 received by May 1, 2020** will secure your place at the retreat.

Complete payment should be received no later than May 10, 2020.

Registration form and cheque made payable to the Saskatoon Community of Mindful Living should be mailed to:
Saskatoon Community of Mindful Living, Apt. 121 – 2233 St. Henry Ave, Saskatoon, SK S7M 5K6

Alternatively, Registration form and / or e-transfer of the fee may be emailed to: janetmacfarlane@gmail.com